CLAIMS

What is claimed:

1. A semiconductor transistor comprising:

a layer having source and drain recesses formed therein with a channel between the source and drain recesses, and being made of a semiconductor material having a first lattice with a first structure and a first spacing;

a source and a drain formed in the source and drain recesses respectively, at least one of the source and the drain being made of a film material which:

- (a) includes a dopant selected from one of a p-dopant and an n-dopant; and
- (b) is formed epitaxially on the semiconductor material so as to have a second lattice having a second structure which is the same as the first structure, the second lattice having a second spacing which differs from the first spacing;
 - a gate dielectric layer on the channel; and a conductive gate electrode on the gate dielectric layer.
- 2. The semiconductor transistor of claim 1 wherein:
- (a) if the dopant is a p-dopant, the second spacing is larger than the first spacing; and
 - (b) if the dopant is an n-dopant, the second spacing is smaller than the

first spacing.

- 3. The semiconductor transistor of claim 1 wherein the difference between the first spacing and the second spacing creates a stress in the channel.
- 4. The semiconductor transistor of claim 1 wherein the second material includes the semiconductor material and an additive, the difference between the first spacing and the second spacing being due to the additive.
- 5. The semiconductor transistor of claim 4 wherein the semiconductor material is silicon and the additive is selected from one of germanium and carbon.
- 6. The semiconductor transistor of claim 5 wherein the additive is germanium.
- 7. The semiconductor transistor of claim 6 wherein the germanium comprises between 1 and 20 atomic percent of the silicon and the germanium of the film material.
- 8. The semiconductor transistor of claim 7 wherein the germanium

comprises approximately 15 atomic percent of the silicon and the germanium of the film material.

9. The semiconductor transistor of claim 4, further comprising:

tip regions formed between the source and the drain with the channel between the tip regions, the tip regions being formed by implanting of dopants and excluding the additive.

- 10. The semiconductor transistor of claim 9 wherein:
- (a) if the dopant of the film material is a p-dopant, the dopants of the tip regions are p-dopants; and
- (b) if the dopant of the film material is an n-dopant, the dopants of the tip regions are n-dopants.
- 11. The semiconductor transistor of claim 1 wherein the dopant comprises at least 0.5×10^{20} /cm³ of the film material.
- 12. The semiconductor transistor of claim 11 wherein the film material has a resistivity of less than 1.1mOhm-cm.
- 13. The semiconductor transistor of claim 1 wherein the source and drain

have a depth into the layer and are spaced by a width from one another, a ratio of the depth to the width being at least 0.12.

- 14. The semiconductor transistor of claim 13 wherein the ratio is at least 0.15.
- 15. The semiconductor transistor of claim 14 wherein the ratio is at least 0.2.
- 16. The semiconductor transistor of claim 15 wherein the ratio is at least 0.35.
- 17. The semiconductor transistor of claim 16 wherein the ratio is approximately $\frac{92}{215}$.
- 18. A semiconductor transistor comprising:

a layer having source and drain recesses formed therein with a channel between the source and drain recesses and being made of a semiconductor material having a first lattice with a first structure and a first spacing;

a source and a drain formed in the source and drain recesses respectively, at least one of the source and the drain being made of film material which:

(a) includes a dopant selected from one of a p-dopant and an n-dopant; and

- (b) is formed epitaxially on the semiconductor material so as to have a second lattice having a second structure which is the same as the first structure; and
- (i) if the dopant is a p-dopant, the second lattice has a second spacing which is larger than the first spacing, so that a compressive stress is created between the source and the drain in the channels; and
- (ii) if the dopant is an n-dopant, the second lattice has a second spacing which is smaller than the first spacing, so that a tensile stress is created between the source and the drain in the channel;
 - a gate dielectric layer on the channel; and a conductive gate electrode on the gate dielectric layer.
- 19. The semiconductor transistor of claim 18 wherein the film material includes the semiconductor material and an additive, wherein:
- (a) if the dopant is a p-dopant, the second spacing is larger than the first spacing due to the additive; and
- (b) if the dopant is an n-dopant, the second spacing is smaller than the first spacing due to the additive.
- 20. The semiconductor transistor of claim 19 wherein:
 - (a) if the dopant is a p-dopant, the additive is germanium; and

- (b) if the dopant is an n-dopant, the additive is carbon.
- 21. A semiconductor transistor comprising:

a layer having source and drain recesses formed therein with a channel between the source and drain recesses, the layer being made of a semiconductor material;

a source and a drain formed in the source and drain recesses respectively, the source and the drain being made of a film material which includes a dopant selected from one of a p-dopant and an n-dopant, the source and the drain having a depth into the layer and being spaced by a width from one another, a ratio between the depth and the width being at least 0.12;

- a gate dielectric layer on the channel; and a conductive gate electrode on the gate dielectric layer.
- 22. The semiconductor transistor of claim 21 wherein the ratio is at least 0.35.
- 23. The semiconductor transistor of claim 21 wherein the depth is at least 80nm.
- 24. The semiconductor transistor of claim 21 wherein the width is less than 220nm.

25. A method of forming a transistor comprising:

forming a gate dielectric layer on a layer of semiconductor material; forming a gate electrode on the gate dielectric layer;

implanting dopants into the layer of semiconductor material to form doped tip regions in the layer with a channel between the tip regions;

etching the layer to form source and drain recesses in the layer with the tip regions between the recesses; and

filling the source and drain recesses with a source and a drain respectively.

- 26. The method of claim 25 wherein at least one of the source and the drain is made of a film material which:
- (a) includes a dopant selected from one of a p-dopant and an n-dopant; and
 - (b) is formed epitaxially on the semiconductor materials.
- 27. The method of claim 25 wherein the source and drain have a depth into the layer and are spaced by a width from one another, a ratio of the depth to the width being at least 0.12.